



Name :Anshu

Sport : tennis

4 week /1, 2 and 3 days Anshu workout plan

1st day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	(station) beast hold	5	30 sec	30 sec	activates the core and quad for stability	reach the limit of core stability
2	plank twist	5	30 sec	15	active side of obliques	strength the core
3	jumping lunges	5	30 sec	12	activities the start and go	helps in engaged the power through the legs
4	banded shoulder shadow shots	5	30 sec	10	activities the joint	helps tightens the muscle when the movement happens
5	pistol squat	5	30 sec	10	activities the quad	helps with single leg strengthening

2nd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	triceps dips	3	45sec	15	activities the arms strength	helps in shots for the frame arm
2	weighted vertical stepping	3	45sec	15	activities the jumping frame	helps in jumping
3	incline pushup	3	45sec	12	activities the back stability	helps in pulling
4	barbell hang hold	3	45sec	45sec	activities the grip strength	helps with the grip for the changes
5	dumbbell shoulder press	3	45sec	16	activities shoulder muscle for strength	helps in overhead position



3rd day	exercise	around	set	repetitions	Why it is recommended-	What happens if you do
1	pvc pipe overhead squat	4	1minte	15	activities the midline of the body for load	helps in strength the back and legs
2	pvc pipe hang clean	4	1minte	15	activities the fast alignment with in the midline	helps in strength coordination for fast switch
3	burpees	4	1minte	10	activities the full body endurance	helps in body control over the breath and endurance
4	kettlebell swing	4	1minte	15	activities the hip thrust	helps in power from hip
5	overhand walk lunges	4	1minte	8	activities the midline balance	helps in motor control